EDUCATION
PURSUING A FUTURE IN FILM AND MORE IN LEARNING CURVE {pages 16-24}

BARE
ADAMS' FANS KEEP HIM GOING
SCENE {page 8}

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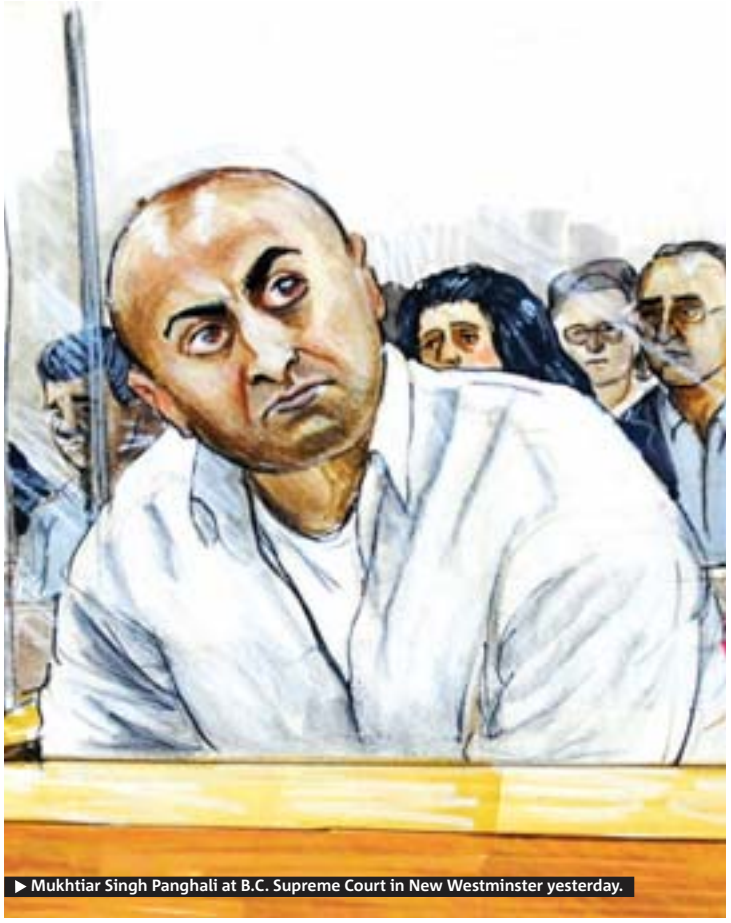

▶ Mukhtiar Singh Panghali at B.C. Supreme Court in New Westminster yesterday.

Trial begins in pregnant wife's death

Schoolteacher disappeared on way to yoga class ◐ Husband charged with second-degree murder, tampering with corpse ◐ Killing sparked debate over domestic violence in Indo-Canadian community

CONTRIBUTED

▶ Slain Surrey teacher Manjit Panghali.

Nearly four years after her burned remains were discovered at a Delta-area beach, the trial for the murder of Surrey schoolteacher Manjit Panghali commenced yesterday with the Crown prosecutor unveiling early evidence against Mukhtiar Singh Panghali, the victim's husband.

Sitting before a New West courtroom containing friends and relatives of his late wife — who was four months pregnant with their second child at the time of her death — Panghali appeared calm and attentive as the Crown alleged he had knowingly tampered with the victim's car and cellphone in an attempt to fool authorities.

Speaking to reporters outside the courthouse, defence attorney Michael Tammen dismissed the prosecution's case as "entirely circumstantial." He declined to state whether Panghali would eventually take the stand in his own defence in a trial that is expected to last four weeks.

Panghali was arrested five months after his wife's disappearance, and has been in police custody since the spring of 2007.

J.J. MCCULLOUGH

Canucks can't finish comeback

Vancouver falls in overtime to Buffalo Sabres {page 28}

Mother mourns blast victim

"The last thing I said to him was ... 'Please be safe.'" {page 4}

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Bob Frazer and Kirsten Robek. Photo by David Cooper
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Allan Small on why paying attention to world events is critical for investors. More at metronews.ca/investing

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Despite surge in support, an overturn of Don't Ask, Don't Tell seems unlikely. Scan code for story.

KRISTEN THOMPSON/METRO

▶ Media get a look at Vancouver's newest snow-removal machine.

TRANSLINK.CA

▶ Trolley buses stuck in the snow on Main Street last winter.

Let it snow: Region ready

During extreme weather, TransLink gets updates from meteorologist to adjust service accordingly

KRISTEN THOMPSON
@METRONEWS.CA

An El Niña winter — and potentially an icky amount of snow — is just around the corner, but TransLink wants to let everyone know they're already on it.

Drew Snider with TransLink said the organization has an extensive winter-weather plan that is continually being refined.

"The bus services are generally as good as the roads," he said, adding that hilly routes like the road up to SFU tend to cause the biggest problems.

In those cases, TransLink switches articulated vehicles for 40-foot buses, which are better at plowing through snow.

De-icing trucks spray a solution on the trolley wires to keep them from freezing over, and TransLink will run not-in-service trolley buses through the night to keep the lines clear.

"You can't expect mid-July service in the middle of December," Snider added. "Dress for the elements and be patient."

[illegible] when we look at the city's cold-weather homeless strategy.

SkyTrains & snow

During snowstorms, attendants are stationed at each SkyTrain platform.

1 When snow falls on the tracks, it can confuse the guideway intrusion system and stop service.

2 Attendants can override the emergency brakes.

3 Ghost trains run through the night to keep the tracks warm.

Lessons learned from last big snow

The City of Vancouver has stocked up on snow removal equipment in anticipation of an extra snowy winter this year.

"It would be Bob the Builder's mecca," said a city spokeswoman yesterday. On the fleet are 51 trucks with plows, 17 backhoes, several Bombardier tractors and one large self-propelled snow blower, among others. "We've reviewed operations since the last big snow event and we learned a number of lessons," she said.

"We are finalizing plans around (those) changes and that's going to council on Thursday."

KRISTEN THOMPSON

Meanwhile, over at the airport ...

Vancouver International Airport invested in 10 new pieces of snow-removal equipment after snowstorms crippled the region two years ago.

"Airlines (now) have access to the 20 de-icing trucks at YVR and no longer have to secure their own de-icing," Alisa Gloag, a spokesperson for YVR said.

KRISTEN THOMPSON

Ida Chong first MLA targeted in recall campaign

The first of three initial Fight HST recall campaigns will seek to remove Ida Chong, former British Columbia premier Bill Vander Zalm announced yesterday.

The B.C. Liberal MLA and Minister of Science and Universities will be targeted beginning on Nov. 22, followed in January by Terry Lake of Kamloops-North Thompson and Don McRae of Comox Valley.

5 Liberal MLAs targeted in the Fight HST recall campaign.

"The plan is to hit the riding hard leading up to the holidays, take a short break at Christmas, and then finish the riding petition in the first and second week of January," said Vander Zalm.

More than 600 canvassers will have 60 days to sign up 40 per cent of registered voters in Chong's Victoria-area riding of Oak Bay-Gordon Head, beginning next week.

JENNIFER GAUTHIER

SURREY

Autopsy planned for badly burned body

An autopsy is expected to be conducted today to determine the cause of death and identity — or at least the gender — of a charred body found in Surrey.

"There's nothing to indicate the remains are that of someone who has been reported missing, but it is an avenue of investigation that must be looked into," Sgt. Peter Thiessen said yesterday.

A passerby came upon the burned remains of the victim near 138 Street and 93A Avenue on Saturday.

Police are asking anyone who used the trail system near that intersection to call RCMP or Crimestoppers.

KRISTEN THOMPSON

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Mother mourns blast victim

Son died in Mexico hotel explosion just days after wedding

Lynda Huolt remembers speaking with her son and his young daughter in an online video call a few days before he set off to a sandy Mexican resort to get married.

It would be the last time Huolt would speak with Malcolm Johnson, of Nanaimo, who was among five Canadians killed in a weekend explosion at a hotel in Playa del Carmen.

"The last thing I said to him was, 'Malcolm, please be safe. I love you, please be safe, take care of that baby — I don't want anything to ever happen to any one of you,'" Huolt said yesterday in an interview from Prince George, where Johnson, 33, grew up.

"They got married on the 10th, Audrey (Malcolm Johnson's daughter) had her first birthday on the 13th and he died on the 14th. It's tragic, it's just a tragic thing."
LYNDA HUOLT, MOTHER OF MALCOLM JOHNSON

"And he said, 'OK, mom, I love you,' and that was the last thing I said to him."

Huolt first heard about the explosion Sunday night while watching the TV news, sparking a frenzy of telephone calls that eventually led her to the Canadian consulate in Mexico.
THE CANADIAN PRESS

CONTRIBUTED

▶ Malcolm Johnson

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News in brief

Virgin wants you to sign petition

CHARITY. Virgin is asking Vancouverites to head to Waterfront Station between 3 p.m. and 7 p.m. today to sign a petition to have Nov. 17 declared National Youth Homelessness Awareness Day in Canada. Change is being collected to help buy hygiene kits for homeless youth in the city.

Driver comes forward in death

ABBOTSFORD. Police are looking for witnesses to an accident that killed a 52-year-old pedestrian.

Mark Farrar died in hospital after being struck by a truck last week.

The driver has come forward to say he called 911 immediately after the accident but that Farrar walked away.

First United gets $25K

FUNDING. First United Church in the DTES is getting another $25,000 after the province promised to match money won by the mission in the Pepsi Refresh contest.

The winnings will go toward a storage facility for the homeless to keep their belongings.

RCMP on hunt for violator

RICHMOND. Police in Richmond are on the hunt for a man wanted for breaching his probation. George Allan Light, pictured below, is considered violent. If anyone sees him they're asked to call 911. KRISTEN THOMPSON

Electronic monitoring for former aide after breach

A former government aide, convicted in the B.C. Rail corruption case, was placed on electronic monitoring yesterday after breaching the conditions of his conditional sentence.

Dave Basi and his co-accused, Bobby Virk, pleaded guilty last month and were sentenced to two years of house arrest.

They could only leave their homes to go to work, to exercise or to buy groceries. But just a day after their guilty pleas Basi appeared in a television interview at Virk's house, a violation of his release conditions. His lawyer, Michael Bolton, said it was a "minor breach."

The new, tighter conditions include wearing an electronic monitoring device for six months as well as more extensive reporting requirements.
THE CANADIAN PRESS

$6M

The province agreed to pay $6 million in legal fees for their defence when Basi and Virk pleaded guilty in October to breach of trust and accepting a benefit during the B.C. Rail sale.

Hotel explosion story may not pass the sniff test

Building sits over one of world's best known cave systems ◗ A cave was directly beneath lobby: Reports

Some experts are skeptical about a claim by Mexican authorities that a previously undetected mass of swamp gas caused the deadly explosion beneath the Grand Riviera Princess Hotel.

Within hours of the blast that killed seven people, including five Canadians, officials were pointing to that explanation, but there are doubters.

Authorities say methane and other gases from a nearby swamp drifted into a cavern beneath the hotel, built up to high levels and were ignited by a spark from a cooking device.

But Bil Phillips, a Canadian based in the state that leads tours of underwater caves, says the chance of a natural buildup of gases in one of the caves would be unlikely, if not impossible.

"It would sound to me like a gas accumulation was from their gas pipes," said Phillips.

THE CANADIAN PRESS

Precedent

Police investigations into past Canadian deaths in Mexico have come under scrutiny.

- The 2006 murder of an Ontario couple at a Mayan Riviera hotel was criticized for poor handling of forensic evidence.
- Last month, the family of an Ottawa-area businessman helped to track down his body in a burned-out rental car in Guerrero state, on the western side of the country.

ISRAEL LEAL/THE ASSOCIATED PRESS

▶ Relatives, who did not want to be identified, of Canadian citizen Darlene Ferguson leave the state prosecutor's office yesterday after filling out paperwork to claim Ferguson's body in Cancun, Mexico.

Pickton's tab: $102M

The mammoth investigation and mega multiple trials that ultimately convicted serial killer Robert Pickton cost the British Columbia government more than $102 million.

B.C.'s Ministry of Attorney General quietly released the final tally yesterday on its website, including all provincial expenditures for the matter from April 2001.

The largest total cost was the RCMP investigation itself, running nearly $70 million for the province and covering 70 per cent of the total policing bill.

Defence lawyers were paid just under $12 million, while prosecution totalled just over $9 million.

Pickton was arrested Feb. 2, 2002 and eventually charged with murdering 26 women, but his case proceeded only on the first six with plans for further prosecution to follow.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE

▶ Robert Pickton

Divorce case gets down and dirty

Lawyers acting for a Russian billionaire fighting what could end up being the biggest divorce settlement in history have cautioned reporters in Switzerland not to cover his divorce case, warning they may breach strict local privacy laws.

Dmitry Rybolovlev's wife Elena is demanding $6 billion from the man known as the "fertilizer king" for a fortune amassed in potash mining that made him the world's 79th richest person.

Rybolovlev says he may sue any media outlet that reports the case because it is being heard by a Geneva civil court, where privacy restrictions are tighter than for criminal or commercial proceedings.

Printing details about a divorce case could be a criminal offence in Switzerland, said Swiss lawyer Anne Reiser.

THE ASSOCIATED PRESS

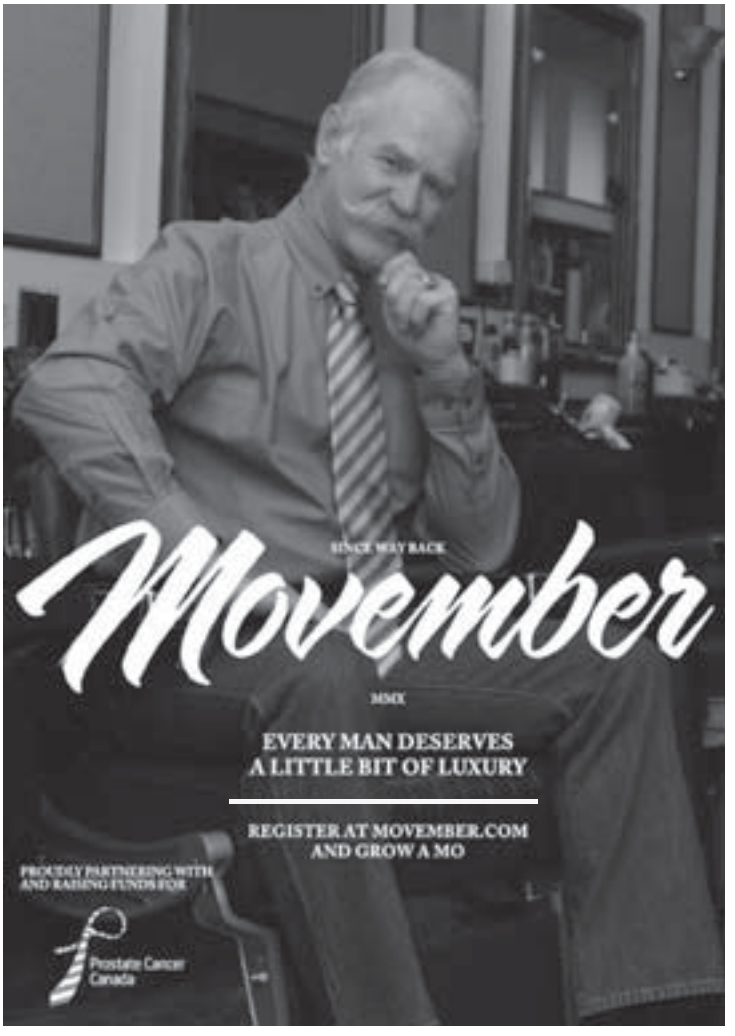
"In case you have planned to (report on the case), please refrain."
ANNE REISER, LAWYER

Deadly collapse in New Delhi

Police and rescuers raced early today to pull survivors from the debris of a four-storey apartment building that collapsed in a congested neighbourhood in New Delhi, killing at least 61 people and injuring scores of others.

The 15-year-old building housing about 200 people — mostly migrant workers and their families — collapsed last night into a mountain of concrete slabs, iron rods, bricks and mortar in New Delhi's Lalita Park neighbourhood.

THE ASSOCIATED PRESS



Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 13.83 (12,735.41)	+ 0.02¢ US (99.12¢ US)	– 2¢ US ($84.86 US)	$3.845 (+ 4.6¢)

Gold contracts $1,368.50 (+ $3.00)

PRICES AS OF 5 P.M. YESTERDAY

Facebook takes aim at email with Titan

JUSTIN SULLIVAN/GETTY IMAGES

▶ Facebook founder and CEO Mark Zuckerberg announces a new messaging system in San Francisco yesterday.

Canadians have to wait ◐ Service to be phased in over several months

Facebook unveiled a new messaging platform yesterday that takes aim at one of the Internet's first applications: Email.

Although blogs had been speculating that Facebook would announce an email service to rival Google Inc.'s Gmail and others, Facebook said email was just one component of its plans.

Declaring email past its prime in the age of texts and instant messages, CEO Mark Zuckerberg said the company doesn't believe email is going to be a modern messaging system.

"If we do a good job, some people will say this is the way that the future will work," he said.

Users will be able to get a facebook.com address to go along with their account. But Zuckerberg dismissed notions that Project Titan, as its service was called internally, is the "Gmail killer" it's been dubbed.

But he also said that just as students are forgoing email in favour of shorter, more immediate chats, more people down the line will send IMs and chats because it's simpler, "more fun" and more valuable to use. THE ASSOCIATED PRESS

Death of email?

- **Though email** is still a primary form of communication for older adults, studies suggest this is not the case for young people.
- **Text messaging** has surpassed face-to-face contact, email, phone calls and instant messaging as the primary form of communication for U.S. teens.

REAL ESTATE

Housing market on rebound

Canadian home sales volume rose in October for the third month in a row as the market continued to rebound from a trough hit in July following months of revved up activity in early 2010 and late 2009.

The Canadian Real Estate Association said that home sales on its Multiple Listing Service climbed 4.6 per cent in October, following similar increases in August and September.

CREA says October's gains are a further sign the market is returning to normal and is balanced, which means favouring neither buyers nor sellers.

"After the wild roller-coaster ride that many housing markets have been on, normal and stable market conditions are something that many buyers and sellers will likely welcome," said Gregory Klump, CREA's chief economist.

Housing market activity now sits 13.3 per cent above July levels, when it reached a low-point for the year. Still, sales activity was 21.6 per cent levels reported last October, when activity set a new record for the month.

Pascal Gauthier, senior economist at TD Economics said October's figures were indicative of a "soft landing" in the housing market. THE CANADIAN PRESS

Pipeline a step closer to reality

A decision on the Mackenzie Valley natural-gas pipeline inched one step closer yesterday as the federal and territorial governments gave their feedback to a lengthy environmental review.

The federal energy watchdog will now review the responses by the two levels of government as it prepares its final recommendation to cabinet on whether the $16-billion pipeline should go ahead.

The National Energy Board's decision on the project, which is expected to open up the western Arctic to development, could be made in the coming weeks. THE CANADIAN PRESS

Potash shares on decline

Ottawa's review of the Investment Canada Act needs to bring clarity to the process so businesses will know how foreign takeover rules will apply in future, critics said yesterday after BHP walked away from its hostile bid to buy Potash Corp. of Saskatchewan.

Deputy Liberal Leader Ralph Goodale said that without changes to the review process there will be lingering uncertainty and doubt about the standards for approval.

PotashCorp shares closed down $2.77 at $138.60 on the Toronto Stock Exchange yesterday, still above the BHP offer. THE CANADIAN PRESS

Ireland seeks help with debt

Debt-burdened Ireland is talking with other European Union governments about how to handle its troubled finances, officials said yesterday as the continent's debt crisis plagued markets and policymakers across Europe.

Irish officials denied the talks were aimed at getting a financial lifeline from the EU's bailout fund, while already-bailed-out Greece revealed revised figures showing a bigger budget deficit.

EU chiefs meeting in Brussels today are anxious to quell market fears of an eventual Irish debt default. Those fears are driving up the borrowing costs of other EU nations saddled with red ink, notably Greece, Spain and Portugal.

Under pressure

- **Adding to the pressure** on euro-zone finance ministers, Greece's 2009 budget deficit and debt were significantly higher than previously estimated.
- **The revised budget deficit** for 2009 of 15.4 per cent of GDP will make it harder for the Greek government to reach targets specified in its 110-billion pound bailout agreement in May.

PETER MORRISON/AP PHOTO

▶ A newspaper vendor in Dublin, Ireland, yesterday.

Analysts said investors needed the finance ministers in Brussels to offer a clear path forward for Ireland to reduce its deficit and bear the costs of its enormous bank bailout. Otherwise markets would continue to dump the bonds of EU's peripheral nations.

Aides to Finance Minister Brian Lenihan emphasized Ireland has no need for emergency aid from the EU bailout fund set up after Greece needed to be rescued from bankruptcy in May amid fears other countries would need help too. Ireland says it had enough cash to last through mid-2011. THE ASSOCIATED PRESS

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NO LOVE FOR YOUR FRIEND'S NEW GUY

She says ...

JESSICA NAPIER

Good friends are like the family you choose. Friends' significant others, on the other hand, are thrust upon you whether you like it or not.

A pal's new beau can go from complete stranger to social circle staple in a matter of weeks. So what happens when a new boyfriend or girlfriend, who is suddenly around all the time, is kind of awful?

Someone who makes you seriously concerned for your friend's emotional or physical well-being is one thing; these situations require immediate intervention. But sometimes our closest friends choose partners that, for whatever reason, we just don't like. Maybe Mr. New Guy is incredibly loud and obnoxious, maybe he flirts a little too much with other girls, or maybe he's just a complete bore.

Unfortunately, there is no vetoing other people's dating decisions. So what do you do when your friend starts sleeping with the enemy?

You can try to avoid hanging out with your gal pal whenever her personality-challenged new man is around, but there will inevitably be some occasions when you are obligated to share the same dinner table or taxi cab. You might not love him, but you do have to learn to tolerate him.

"Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend."

Maybe ask yourself if this is simply a case of no-one-is-good-enough-for-my-best-friend syndrome. Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend. We all have different tastes.

But when a pal starts dating someone who is obviously heinous it's usually safe to assume she has been blinded by a new romance fog. A haze of dinner dates and regular sex will cause even the most rational individuals to make bad decisions.

Even when you know better, it isn't necessarily your place to say so. Unless the circumstances are extreme, meddling in a friend's love life is very rarely a good idea.

Confronting her about your issues with her nightmare new man will likely put her on the defensive. If he really is that insufferable you're better off letting her come to that realization on her own. In the meantime, suck it up and smile. You don't have to be besties but you do have to be civil.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Worth mentioning

Feeling fine? Frustrated? Fantastic? The British government really wants to know.

British officials said yesterday they will start measuring national happiness in addition to gauging more traditional data like income levels and fear of violent crime.

Detailed plans have not been announced, but the new questions are expected to be formulated by national statistician Jil Matheson late this month for inclusion in a survey next spring.

The decision to look beyond simple pounds and pence measures is part of a "science of happiness" movement that has taken root in several other countries as officials and academics study the failure of rising living standards in recent decades to be accompanied by a similar rise in personal contentment.

Canada has developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan.

The surveys asks Canadians subjective questions like "How much do you enjoy your life?" and "Are you comfortable with your current level of debt?" and asks about their core values, living standards, and identification with minority or ethnic groups. The British survey is likely to use a similar approach.

THE ASSOCIATED PRESS

Don't worry, be happy

What makes you happy? Why?

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Metro Minute with Feist documentary

The journey of musician Leslie Feist and the production of her Grammy-nominated album The Reminder is the focus of a documentary film that premieres tonight in Vancouver. Look At What The Light Did Now, directed by Anthony Seck, looks behind the scenes at Feist and her relationships with her supporting cast through concert performances and interviews. It is presented by the Vancouver International Film Festival as part of the Push international performing arts festival. The film screens for one night only at the Vancity Theatre (1181 Seymour St.) Tickets are $11 at viff.org. Because the event is at the Vancity Theatre, viewers must also purchase a $2 membership. METRO

THE CANADIAN PRESS FILE

▶ Look At What The Light Did Now looks behind the scenes at Feist's Grammy-nominated album The Reminder.

2 scene

Adams took suggestions from fans on Twitter for what songs to put on Bare Bones
Album offers acoustic versions of his hit songs Inspired by his tour experience

MARK BAKER/THE CANADIAN PRESS/AP

▶ Bryan Adams' Bare Bones comes out today.

Adams gets to the Bare Bones

Bryan Adams initially planned for his acoustic collection Bare Bones to be a modest bit of fan service, something the Canadian rocker could sell on the road after shows. His record company had other ideas.

"I put (these songs) together not with any intention to put it out as an album," Adams said in a recent telephone interview from Switzerland.

"I made a CD with the intention that I was going to sell it at my shows, and I went on my Twitter page, and asked the fans to recommend: should it be new songs, should it be old songs, what songs should be put on it? And I sort of gathered all their information and then put this album together.

"And then about a month after I put that together, my record company got wind of it, and they were like: 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

But Adams — who has spent most of the year on the road in Canada, the U.S., the U.K., Europe, South Africa and even the Middle East — might have known better.

Clearly, the 51-year-old remains in high demand internationally.

His last album of new material — 2008's 11 — charted around the world, in locales as far-flung as India, Australia, Belgium, Denmark, the Netherlands, Finland, France, Poland, Germany, Hungary, Spain, Norway, Austria, Italy, Sweden, the U.K., the U.S., and of course, Canada, where the record hit No. 1.

He had originally planned to record 11 as an acoustic album until he "balled out and decided to bring the band back in."

But he followed his original instinct when it came time to tour, playing the tunes stripped down to their essence.

"Those shows got bigger and bigger and bigger, and next thing you know, I'm on tour doing two and a half hours or two hours of acoustic," Adams recalled. "I thought, you know what, I'm loving this, let's just keep going."

When he began soliciting suggestions on Twitter for the final tracklist of Bare Bones, which drops today, he was surprised at the reaction he received.

"If I showed you the list of stuff that was sent to me from different places all over the world, it would've been a triple album," said Adams, munching on a snack. "So there were some people that were disappointed because it didn't have this song or that song on it, but you know, maybe we'll make another one — who knows."

THE CANADIAN PRESS

Scene in brief

Patti Smith, the Roots and the Cowboy Junkies are among the artists on tap for a Neil Young tribute concert scheduled for Carnegie Hall next year. The Feb. 10 charity show will also include performances from Aimee Mann, Joan Osborne, J Mascis of Dinosaur Jr and Pete Yorn, with more artists still to be announced. All the proceeds from the show will benefit music and arts programs for underprivileged youth.

THE CANADIAN PRESS

Ex-Skid Row frontman Sebastian Bach charged with assault after bar fracas

Gary LeVox, Jay DeMarcus and Joe Don Rooney were magnets for criticism 10 years ago when they formed Rascal Flatts.

They were called a boy band. Their clothes were funny. And, boys, that ain't country music.

After a decade as country music's top-selling group with nearly 20 million albums sold and one of its most popular touring acts, though, Rascal Flatts are starting the next decade as veterans on top, and in transition.

They have moved to Big Machine Records, home of Taylor Swift, to release their next album, Nothing Like This, out today, and the guys are contemplating bigger things.

"We truly feel like a new act," LeVox said. "The first 10 years flew by. ... We've got at least another 10 to 20 left."

The 40-year-old singer LeVox, 39-year-old bassist DeMarcus and 35-year-old guitarist Rooney have already accomplished more in their one decade than many acts do their entire careers. They grew up on George Strait, George Jones and Merle Haggard and followed their dreams to Nashville. Instead of copying the sound of their heroes, they went in a very different direction and created their own, mixing country twang with a pop sensibility.

THE ASSOCIATED PRESS

MARK HUMPHREY/THE ASSOCAITED PRESS

▶ Joe Don Rooney, left, Gary Levox, and Jay DeMarcus, right, of Rascal Flatts.

Mel admits to slapping ex, but denies punch

Actor says his girlfriend was shaking their daughter ◐ Claims he was 'trying to bring her back to reality' ◐ Denies hitting her with a closed fist

Mel Gibson admits that he slapped girlfriend Oksana Grigorieva once during their infamous argument earlier this year, according to court documents obtained by TMZ, though he claims it was for the sake of his infant daughter, Lucia.

"I slapped Oksana one time with an open hand in an attempt to bring her back to reality," the actor reportedly says in the declaration.

"I did not slap her hard. I was just trying to shock her so that she would stop screaming, continuing shaking Lucia back and forth.

"I did not hit Oksana with a closed fist, as she alleges. I did not ever punch her in the face or in the temple or anywhere else, not then or at any other time."

METRO

GETTY IMAGES

▶ Oksana Grigorieva and Mel Gibson

Simpson gets engaged

Jessica Simpson and former football player Eric Johnson are engaged, her rep confirmed to Us Weekly. The couple began dating earlier this year, and Johnson's divorce from his estranged wife was recently finalized. "I met a wonderful man," Simpson posted to Twitter in September. METRO

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3 life

New drug helps prevent strokes: Study

Health and weight go hand-in-hand

Dr. Cheryl Rock, who led a trial of the Jenny Craig program, believes commercial weight-loss programs can go further than doctor-led weight loss.

"While comprehensive programs such as this one require some investment of money and effort for the average patient, the amount is minimal compared to the high cost of obesity and obesity-related medical problems," Rock said.

CELIA MILNE/METRO

TOBYOTTER/FLICKR

Keep it off with counselling

A new study says women on the Jenny Craig diet, which includes in-person counselling, lost 10 per cent of their weight in the first year

ALANCLEAVER_2000/FLICKR

▶ Fully 68 per cent of adults in the U.S. are overweight. Even scarier, 33.8 per cent are obese. Canada is almost as bad; 60 per cent of adults are overweight, and 24.3 per cent are obese.

CELIA MILNE
LIFE@METRONEWS.CA

Will your diet work? There's a better chance you'll lose weight and keep it off if you have personal counselling.

A new study published in the prestigious Journal of the American Medical Association found that overweight women on the Jenny Craig diet, which includes in-person counseling, lost an average of 10 per cent of their weight in the first year.

By the end of the second year, they had kept off an average seven per cent of their unwanted pounds. By losing weight, women reduced their risk of developing diabetes, depression, some cancers and stroke.

"The results of this study show that lifestyle changes — such as making better food choices and exercising regularly — can indeed promote clinically significant weight loss that is reasonably well-maintained at least at two years, in people who are motivated," Dr. Cheryl Rock, lead author of the study, told Metro.

Rock is a professor of family and preventive medicine at the University of California, San Diego.

Results from this and other randomized controlled trials show that one of the keys to successful dieting is ongoing personal counseling.

The Jenny Craig diet includes person-to-person counseling, a low energy density diet, pre-packaged foods and increased physical activity.

Women in the study did not have to pay for the program, but in real life the cost of special food would be approximately $4,000 in the first year and $2,200 in the second year.

This may not be more than people ordinarily spend on food, noted the study.

To test the effectiveness of the program, researchers at four sites in the U.S. recruited 442 overweight women between the ages of 18 and 69, and followed them for two years.

The women were assigned to either one-on-one counselling, phone counselling or a "usual care" program.

The best results were in those who received in-person counseling.

The study was published in JAMA on Oct. 27, 2010.

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Anytime appetizers

Homemade pita chips add flavour instead of fat

ROSE REISMAN
LIFE@METRONEWS.CA

Seasoned baked 'pita chips'
The spices in this recipe add flavour instead of oil.

Ingredients:

- 3 large flour tortillas
- 3 Tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Serves 4.

Preparation:

1. Preheat the oven to 350°F. Line a large baking sheet (or 2 medium baking sheets) with foil.
2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not over¬lapping. Lightly coat with cooking spray.
3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

Black olive tahini spread
Makes

This is similar to a hummus dip, but with black olives added.

Ingredients:

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 Tbsp water
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced canned black olives
- 2 Tbsp chopped fresh basil or parsley.

Serves 6

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.
2. Stir in the olives and garnish with basil or parsley.

Some wines stand on their own

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Once upon a time, wine and food were joined at the hip. So much so that you wouldn't fathom having a glass of fermented liquid without a bite or two of something solid.

What I mean is, wine isn't just for the dinner table anymore, and winemakers are creating unique cocktail-style wines. A perfect example is the 2009 Café Culture Pinotage ($13.95 – $15.99) designed by South Africa's KWV.

Here's a wine that all about singularity. Sure, you could pair it with Italian fare or just about anything grilled, but to fully appreciate this wine you've got to have it on its own.

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- ☐ Poor concentration

If you have some of these symptoms and are between 19 – 65 years of age, you may be eligible to participate in a research study which combines telephone counselling and an antidepressant medication.

The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.

For more information, call 604-822-7804.

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MBAs reflect changing business landscape

RAF BRUSILOW
FOR METRO CANADA

Just as the world of business has been changing rapidly, so have MBA programs changed with the times.

As early as two decades ago, most MBA programs were aimed towards providing targeted instruction in singular, specific areas of business rather than a comprehensive education. Today's business world is a much more complex place and modern MBA programs have to meld all aspects of business practice to match the varied needs of employers.

"It's not enough to learn all subjects separately one at a time, it's important to know how all aspects of business integrate."
ARTHUR REDILLAS, UBC

"It's not enough to learn all subjects separately one at a time, it's important to know how all aspects of business integrate with each other. Students are now expected to understand all sides of a case — it's a more accurate depiction of how business actually operates today," said Arthur Redillas, associate director of admissions and recruitment at the Sauder School of Business at the University of British Columbia.

Ethical concerns that would never have entered the equation 20 years ago are now at the forefront of many MBA agendas.

"The world of business is more complicated today — there are more subtleties than there were 10 or 20 years ago. Business schools have become a lot more sophisticated and there's a lot more focus on integrity. Ethics are always on the table now, they just become a whole way of thinking," said Mike Miles, director of the MBA program at Ottawa University's Telfer School of Management.

Soft skills gaining traction

Compared to a stringently numbers-only approach common to many MBA programs in the '80s and '90s, today's management schools place a much higher emphasis on communication and teamwork skills employers find crucial to business success.

"Employers are zeroing in on the soft skills, the ability to work in teams, communicate and persuade, that will actually help you succeed in the business world," said Wendy Cukier, associate dean of the Ted Rogers School of Management at Ryerson University.

"The focus is on having students be able to solve real world problems in real world ways." RAF BRUSILOW

ISTOCK

▶ Companies who sponsor their workers to pursue an MBA know it's a smart, multi-purpose move designed to keep employees motivated and to bring their new-found skills back to the workplace.

Which one is right for you?

ISTOCK

Most MBA schools offer both full-time and part-time programs. Take our quiz to find out the best way for you to upgrade your education

JANET ROWE
SPECIAL TO METRO CANADA

Full-time students can finish an MBA in as little as 13 months, says Kimberley Neutens, Director, MBA and Master of Finance Programs Services at the Rotman School of Management at the University of Toronto. A part-time schedule typically lasts three years. How soon do you want your degree?

a) Yesterday!
b) It's part of my five-year plan.
c) Whenever, really.

Choosing a full-time program means quitting your job. "You're taking a significant risk in the payoff," says Neutens. What's your risk profile?

a) I bungee jump on weekends and play the stock market for fun.
b) I wear a helmet when I bike and have a diversified portfolio.
c) I've never even jaywalked and my entire fortune is in government bonds.

Only full-time students have time for internships and extra-curricular networking opportunities to help position them in a new field. Are you switching industries?

a) Yes. This is a whole new step for me.
b) No. This is a career progression credential.
c) Maybe. I haven't really thought about it.

Full-time students earn no income during an MBA program, warns Neutens. What financial resources do you have?

a) My partner's cool with me leaning on my substantial savings.
b) My young family needs me to keep bringing in a paycheque.
c) My credit rating has tanked and I'm working two jobs to make ends meet.

Part-time students spend about five hours a week in class and about 12 studying. Currently, how much time can you spare in a week?

a) What spare time?
b) How does 20 hours sound?
c) You mean I should track my time?

Your score:

Mostly a) Full time
You're driven and ready to go for it, but you also know you need the support and hours available to full-time students.

Mostly b) Part time
You may have other obligations, but that's okay. You also have the discipline to make your MBA happen, if more slowly.

Mostly c) Not your time
You may need to gather your financial, social and personal resources first.

My MBA experience

AS TOLD TO JORDANA DIVON

Profile

Name: *Jessica Fong*

School: *Simon Fraser University*

Current city: *Vancouver*

Position: *Online Marketing Specialist at SFU Business School*

CONTRIBUTED

▶ Vancouver resident Jessica Fong completed her MBA at Simon Fraser and has a co-op position at the SFU Business School.

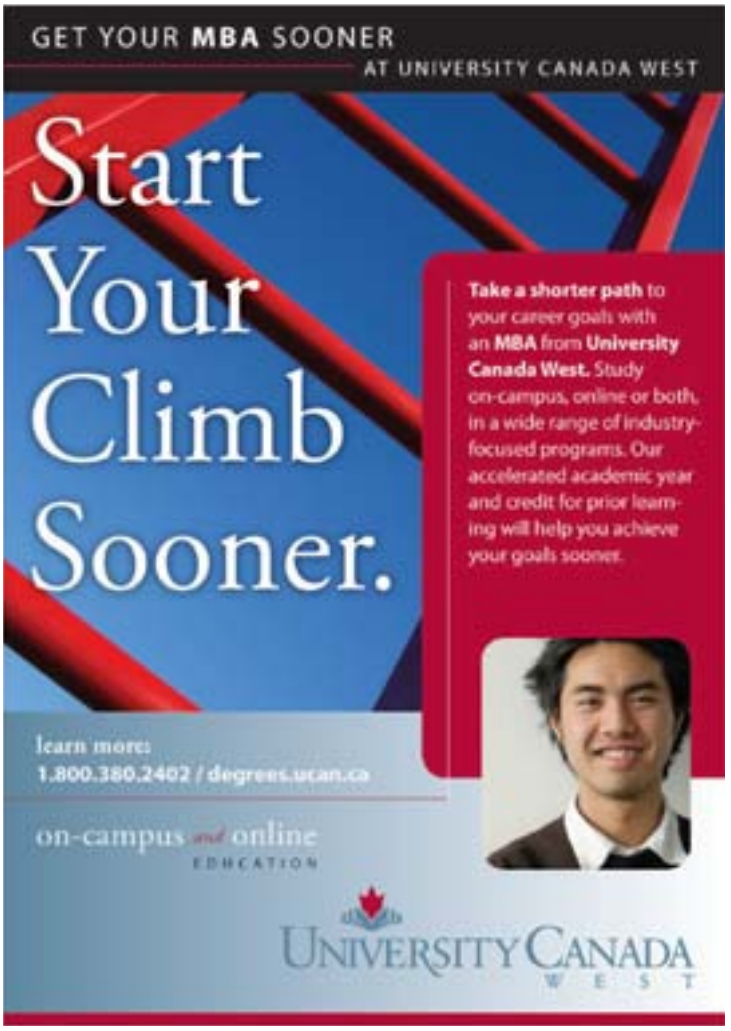
Pre-MBA I had a BA in economics. After graduation I wasn't exactly sure what I wanted to do, so I took an administrative position and got to do some accounting. I've always wanted to pursue my MBA, but I was never motivated.

However, I wasn't too happy with my job. I was doing OK, but I wanted to have more opportunities and also learn more about business in general. SFU had the one-year program, and it was the best decision I ever made.

Because it's a one-year program, your classmates become like your family. And what separates SFU is that the staff really cared about their students career-wise. They have a career centre where they go over your resume with you. They give you training on business etiquette, dining etiquette, what's OK to wear to interviews, what's not OK.

During my last semester, I volunteered to help the Master of Finance program with their marketing, because I was really interested in that. Now I have a co-op position with SFU business doing their online marketing.

During the program I was able to figure out what I really wanted to do and what I was interested in. I couldn't be happier!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▶ EMBA students tend to be older and more established in their chosen field.

EMBAs bring experience to the forefront

- Executive MBA programs built for people with extensive work experience
- Most entrants tend to be established in their chosen careers

RAF BRUSILOW
FOR METRO CANADA

Executive MBA programs aren't fundamentally different to regular MBAs, they're just pointed towards students with more work experience.

While both MBA and EMBA programs provide outstanding instruction in high-level business management, EMBA students tend to be older, more established in their careers and looking to network with other successful individuals.

"The EMBA is really meant for people who have significantly more experience than the typical MBA. What people bring to the program is experience and you tend to learn just as much from the people in your classes as you do from the program material. Yet while the networking is important, EMBA programs are also very rigorous — it is a significant challenge," said Rick Powers, former associate dean and executive director of the Rotman School of Management at the University of Toronto.

"People who are considering an Executive MBA are already often in senior leadership position, but want to round out their skillset and gain a better understanding of how their skills can grow further."
ARTHUR REDILLAS, UBC

Compared to standard MBA programs, most EMBAs require at least seven to 10 years of work experience, with many entrants averaging 10 to 15 years in their fields.

EMBA candidates tend to be people who, despite having mastered their chosen area of expertise, are looking for instruction in wider aspects of business that can help them push their careers to the next level.

"People who are considering an Executive MBA are already often in a senior leadership position, but want to round out their skillset and gain a better understanding of how their skills can grow further," said Arthur Redillas, associate director of admissions and recruitment at UBC's Sauder School of Business.

Duly noted

Some things to be aware of about EMBAs:

- Most require at least five years of work experience, many require more. Be aware that most people in your program will average 15 or more years of experience.
- EMBAs can be significantly more expensive than traditional MBA programs — check with each school to see what the costs will be.
- The vast majority of EMBA programs are run part-time, owing to the fact that most EMBA students hold full-time positions or are married. Formats vary — some schools do weekend schooling schedules while others do morning or afternoon schedules a couple of days each week. Check with each program to find one that fits your needs.

ANNOUNCEMENT
Universal Studios Canada is pleased to announce that James Malliaros, MBA, Senior Vice President, Sales has expanded his current portfolio to include Digital Media delivery.
In addition to his role in Home Entertainment, James is now the Canadian representative on the Universal Studios Global Digital Media Team.
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MBA partnering makes good cents for companies

JORDANA DIVON
FOR METRO CANADA

ISTOCK

▶ Employers see the benefits of employee education.

A number of Canadian companies are paying for their workers to go back to school

In Mediacorp's newly released list of Canada's Top 100 Employers, a startling percentage of companies who had made the cut were involved in sponsoring their workers to pursue higher education opportunities.

It's a smart, multi-purpose move designed to keep employees motivated, and to bring their newfound skills back to the workplace.

"If you take a look at what's happening in the recession, companies want to keep talent, and they want to keep people happy," says Shai Dubey, director of the Queen's University Executive MBA program.

Instead of climbing rung by rung up the corporate ladder, many employees see the fast track benefits of an MBA, and may also want to explore their options in other areas of corporate culture.

Employers, too, are seeing the benefits: During his tenure at the helm of one of Canada's top business programs, Dubey says he's witnessed gun-shy companies get on board when they see the tangible results.

"A lot of the time companies don't sponsor or only partially sponsor (the MBA program), but when they see what comes out of it, they end up giving bonuses and raises to people. So it's either direct sponsorship or indirect — that's a different way of looking at it," he says.

Jeannette McAffer, vice president of human resources at Ledcor, says her company is a firm supporter of employee education.

"It's a changing world out there and if we don't continue to develop our skills we'll stagnate. That's really not an option anymore," says McAffer.

The Victoria-based company, which found itself on this year's Top 100 list, pays up to 100 per cent of employee educational costs, and considers it a sound investment.

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Expo-nential opportunity

The International Student Expo bridges the divide between Canadian schools and foreign students

JORDANA DIVON
FOR METRO TORONTO

The International Student Expo bridges the divide between Canadian schools and foreign students.

Navigating the bounty of rules and paperwork necessary for a post-secondary education can be a huge task for anyone.

So just imagine trying to get into the right Canadian college or university from overseas.

The International Student Expo hopes to alleviate some of the obstacles faced by students who may be daunted by the process of applying to study in Canada.

"Canada has a huge international student population that needs special requirements," says Maria Clara Tamayo, one of the expo coordinators.

"So we decided to create an opportunity for these students — and for new immigrants — to meet the right people who can guide them and give them the advice they need."

This year's program will be held in both Toronto and Vancouver, and will feature university and college representatives from over 40 schools from seven provinces.

"The biggest advantage of the expo is that students will be able to compare all the schools participating in one place, instead of looking on the Internet, or maybe only getting to visit a small handful of universities."
CLARA TAMAYO, COORDINATOR

In addition, government delegates will be on hand to answer questions about visa applications, immigration requirements, and the resources available to incoming international students.

"The biggest advantage of the expo is that students will be able to compare all the schools participating in one place, instead of looking on the Internet or maybe only getting to visit a small handful of universities," says Tamayo.

"Also, these students can see options from all over Canada. So maybe if they were in Toronto, they were only thinking of studying in Toronto, but with representatives from other provinces, they may discover the desire to study elsewhere."

Expo

- The International Student Expo 2010 runs from November 16 to 17 at the Vancouver Convention Centre East between 11 a.m. and 5 p.m.
- Admission is free by pre-registering at istudentexpo.ca.

CONTRIBUTED

▶ This year's International Student Expo will host more than 40 different schools representing seven provinces.

Questions answered

This year's Expo offers more than making the right connections. Participants are encouraged to attend a series of 40-minute seminars offered by various provinces, institutions and service providers. Some of the key questions that will be answered include:

- What are the different types of courses and degrees available?
- What is the difference between a Canadian college and university?
- How much will it cost to study in Canada and how much should I budget for expenses?
- Are there any scholarships or loans available?
- Which is the right university or college for me?

JORDANA DIVON

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‘I like Vancouver’

International student Sultan Albeladi reveals what it’s like to be studying in British Columbia

AS TOLD TO JORDANA DIVON

CONTRIBUTED

▶ Saudi Arabian native Sultan Albeladi hopes to go to business school at Kwantlen when he finishes studying English.

I’ve been in Vancouver for six months studying English and then after English, I will be going to flying school to study flying to be a pilot.

Here it is better than in Saudi Arabia. I will finish my flying school after two years.

After flying school I will study business at Kwantlen. I will finish flying school in 2011 and then go start Kwantlen in January 2012.

I like Vancouver.

All my friends are here and they are from my country, so they told me if you need to study outside go to Vancouver. So many people are here as international students. My aunts also studied here, my cousin here in Vancouver, and I enjoy Vancouver. I like it.

I have 16 friends here that came for business, chemical and language. It was the government that gave the chance to study here. If you study here for one year, you can move to another city.

It’s not difficult to be away from home. It’s easy because I’ve already travelled a lot, to Egypt, to Syria.

For me I like it, another friend sometimes they come to Vancouver to study and they can’t continue here because it’s too big a change, but for me no, it’s easy for me. And also Vancouver is the best in the world. I travelled to Victoria and the Rocky Mountains.

I like school to learn English first and then with stronger language for the future I can get a good job anywhere because I studied language and then if I study here I can get a good job in any country. It’s good for learning, for practice, for grammar, for accent, for vocabulary. I studied English in Saudi Arabia, but you go for maybe two hours and then you come home and I forget everything I studied. But if I study here in Canada, I come home from class and then I practice all the time with everybody here.

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▶ B.C.'s plethora of resources for international students is renowned for making the move to their new city seamless and enjoyable.

Smooth operator

JORDANA DIVON
VANCOUVER@METRONEWS.CA

B.C. schools offer a number of resources to help international students make an easy transition

You don't get to by on reputation alone: B.C.'s plethora of resources for international students is renowned for making the move to their new city seamless and enjoyable.

"I think Canada as a whole stacks up really well," says Craig Brown, director of New Student Programs at Kwantlen Polytechnic University. "I think it has largely to do with a public system that we provide our international students with as many resources as we can when they get here."

"It's very independent, where they can make their own choices, but we also want to provide them with the resources they need to make those choices. From what I've seen in other countries, we are at par or above."

Because most of the resources available to students come from their respective schools, Brown says many of the programs are tailored to meet the students' needs.

Planning for the future

The Canadian government may not offer many external resources for incoming international students, but Diana Ning of Ryerson University in Toronto says that trend may be changing. "There's increasing talk from all levels of government, municipal to federal, about the benefits of encouraging new international students," she says. "On top of that there are a lot of changes in immigration policy focusing on targeting our international students to become new immigrants, because they see the advantage of these students that have already been educated in Canada, have good language and cultural skills and are able to integrate into our society."

JORDANA DIVON

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ISTOCK

B.C. schools offer a number of resources to help international students make an easy transition

dents' specific needs.

"We have full-time advisors for international students who advise on everything from which courses to take, when to renew study permits, how to study, and how the studying process is different compared to where they did their high school," he says.

Most important, perhaps, is peer-to-peer interaction. Brown stresses that students learn best from their peers, and the school tries to match newcomers with senior students from their own cultures in order to make them feel more comfortable at the outset.

"We have a program called Connect with Kwantlen and it's for international students to connect with local students," he says.

"They organize trips to Whistler, or social events where international students can take part and try to learn a little bit about the culture of the country in which they're studying."

A broader list of resources offered by Canadian schools can often be found on their individual websites, or by calling their international departments directly.

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TESOL programs Tuesday, Nov. 16 & 30, noon – room 526	Downtown
Transportation Trades Tuesday, Nov. 16, 23 & 30, 11 a.m. – lobby, building B Tuesday, Dec. 7, 11 a.m. – lobby, building B	Broadway Broadway
English for Health Sciences Thursday, Nov. 18, 6:30 p.m. – room 1212	Broadway
Hospitality Management Diploma Saturday, Nov. 27, 11 a.m. – room 420	Downtown
ASL & Deaf Studies Wednesday, Dec. 1, 6 p.m. – room 2555	Broadway
Esthetics & Hair Design Wednesday, Dec. 8, 4:30 p.m. – room 201	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 E. Broadway, one block west of Clark Drive and across form VCC/Clark Skytrain station.

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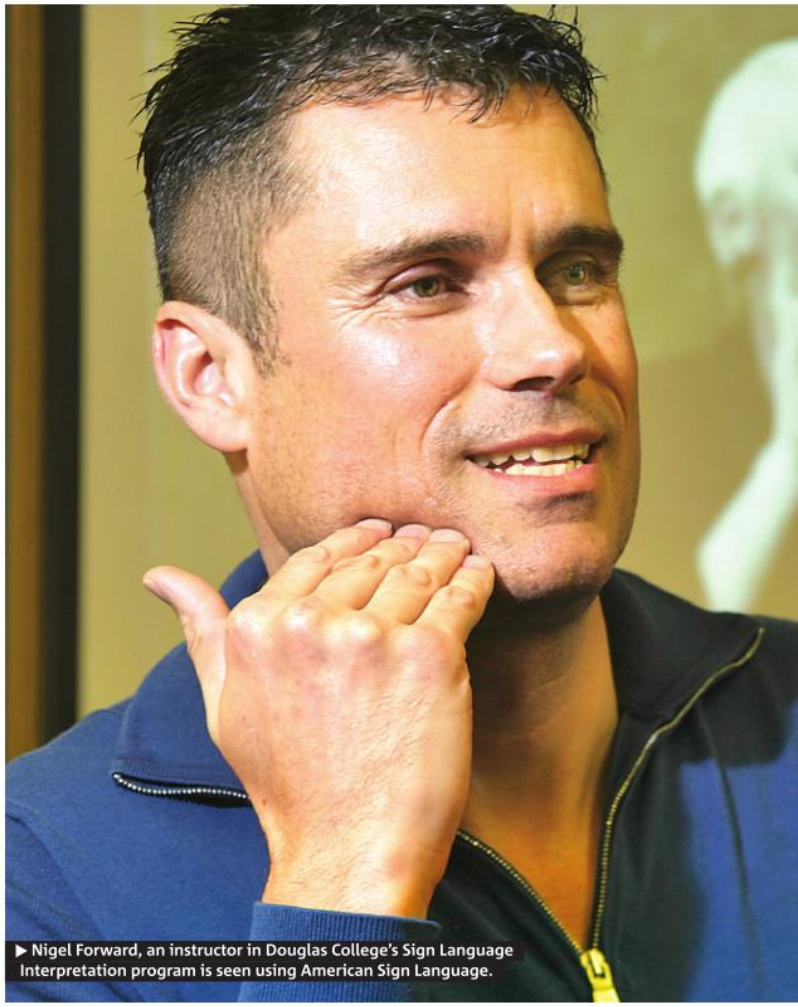

▶ Nigel Forward, an instructor in Douglas College's Sign Language Interpretation program is seen using American Sign Language.

When actions become Language

American Sign Language interpretors are vital in connecting and communicating for the hearing impaired

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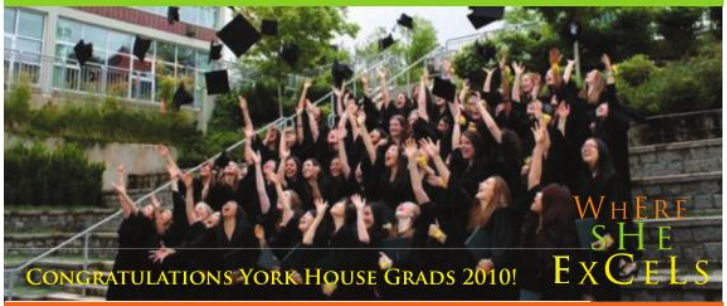

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LINA TOYODA
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Actions often speak louder than words and for the deaf community, it is an essential way of communication.

Douglas College's Program of Sign Language Interpretation — the longest-running program of its kind in the country — is the first Canadian post-secondary institution to win a North-America-wide award for its outstanding contributions to the field.

"It's very nice to have the recognition, of course, after working hard at graduating quality interpreters," says Cheryl Palmer, co-ordinator of the Douglas College Sign Language Interpretation program. "Just recognizing that we're doing a good job and the graduates of our program are doing good interpretation work."

American Sign Language (ASL) and interpreters are vital in connecting and communicating for hearing-impaired individuals, and Douglas College has been dedicated to the field for over 20 years with high standards for its expanding curriculum.

Sign language interpretation is like any other interpretation that occurs between languages, says Palmer, so an interpreter might be hired for a deaf student who's taking a college course, for example, to translate the course content, teacher's lectures and group discussions.

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KEN BARBOUR/CONTRIBUTED

▶ Two students from Capilano University's Motion Picture Arts program use the North Vancouver campus as a backdrop for one of their productions.

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Advance your love of film at Capilano

JESSICA BELL
FOR METRO VANCOUVER

Thanks to Capilano University's new bachelor's degree in motion picture arts, students in Hollywood North have endless opportunities to advance their love of film.

The program began this past September and coordinator Dianne Neufeld says it is a unique, valuable and practical degree that supports the high demands of the film industry.

"[The program] involves creating Canadian filmmakers who can own their own content," explains Neufeld. "It's about being in an environment where media absolutely surrounds you."

Students in the program learn from instructors working in the industry and develop skills that include producing, directing and cinematography.

They also work closely with the university's acting students, the animation department and costume students and are able to gain experience through practicum work.

"Everybody is making films all the time," says Neufeld. "Students learn how to network, how to be an entrepreneur, and how to function in a community."

The first School of Motion Picture Arts degree graduates will finish their studies in the university's new film centre, currently under construction at the North Vancouver campus.

Capilano has the largest full-time film program in Western Canada and British Columbia is the third-largest centre in North America for television and film production.

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Capilano University offers the following programs for Motion Picture Arts (MOPA) students:

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In rapid transition

SFU program opens public's eyes to affairs of transit planning

JESSICA BELL
VANCOUVER@METRONEWS.CA

Why should the public care about how public transit unfolds?

"Because it affects our day-to-day lives," said SFU City Program director Gordon Price, who is spearheading a series of new transportation lectures at SFU Surrey.

Thirty students have enrolled in the SFU & City of Surrey Transportation Lecture Program, which began Oct. 6 and runs for eight weeks.

The students — members of community groups and consulting and engineering firms — get an inside look at planning rapid transit.

"We want to get inside the decision making process," said Price.

"It really helps to see what the city is saying, what the province is saying, and we are bringing all of those people into the same classroom."

Price said that the future lives in expanding communities like Surrey and Langley and in order to improve transit mobility it helps to understand the challenges in these areas.

Students will investigate the processes involved in creating and maintaining transportation systems through assignments and presentations.

Price said that the program was made possible with the help of the City of Surrey's engineer, Vince Lalonde, who encouraged the idea of transportation lectures.

"I'm hoping (the program) will be a model for other cities and municipalities," said Price.

"More understanding can only help what is a very complicated issue."

CONTRIBUTED

▶ Former Vancouver city councillor and transportation lecturer Gordon Price is leading the new SFU & City of Surrey Transportation Lecture Program this fall at SFU.

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HERE COMES THE BUDGET...

Weddings are expensive, considering they last for a day. Save in advance and pay for expenses as they come up. Try these tips to save money, avoid debt and still enjoy your special day.

First, discuss budget priorities like photography or food, and the wedding planning roles you and your partner will play such as organizing flowers or liquor licenses.

Second, set a budget and stick to it. Hunt around the Internet and borrow library books to get an idea of costs like a bridal gown, venue, food, drinks, photography, rings, transportation, the ceremony, honeymoon, gratuities, taxes (GST). Discuss how you'll pay for the wedding and check whether there are obligations if you accept funds from family members or friends.

Third, pick the size of your wedding. Expensive food and glamorous surroundings will translate into fewer invitations whereas a larger venue paired with a buffet dinner means you'll be able to host more people. Reducing the guest list and bridal party means fewer mouths to feed and gifts to buy.

Fourth, pick a date, time, and venue. Save big bucks by planning your wedding in the off-season (October to March) and getting married on any day but Saturday. Time of day has an impact too: breakfast, lunch and twilight weddings are cheaper than dinner weddings.

In-demand venues are expensive, so wrangle a deal through your network or host a small town wedding. Negotiate terms and prices with the owner of the venue.

Getting married in public spaces or someone's back yard is an inexpensive option: parks, beaches, gardens, public golf courses, historical sites, libraries, civic centres, etc. Secure the required permits and investigate if there are liability issues.

Fifth, get organized and get to work. Ask friends and family to help make invitations, prepare flower arrangements and table decorations, etc. Forget the limo fleet and borrow a friend's cool car.

Hire a photographer, caterer or wedding planner from a local college (get a reference). Put limitations on an open bar.

Avoid designer wear: rent dresses and suits or have them made locally. Borrow, rent, or buy second-hand decorations online.

Phisherman get you hook, line and sinker

Have you ever received an email that appeared to be from your bank, asking you to fill out personal information such as your Personal Identification Number (PIN) or password, only to find out that it was a copycat website? If so, you were most likely "phished".

"TD Canada Trust would never ask you for personal or financial information such as your PIN or password by email. If you're ever unsure about whether or not a website is legitimate, contact us right away," says Justin Hwang, Associate Vice-President of fraud management for TD Canada Trust.

Phishing is a fraudulent act used to obtain personal or financial information, usually carried out over the internet or by instant messaging.

Often, fraudsters who use phishing techniques create bogus websites and links that convince users to offer up desired information.

Phishing techniques:

- Copycat banking websites
- Counterfeit links and URLs
- Bogus emails asking for personal information.
- Voice messages providing a call-back phone number claiming problems with your bank account and asking you to leave a message with information.

NEWS CANADA

New Canadians smart with cents

Survey shows that recent immigrants to country have more banking saavy than general population

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

New Canadians are tackling financial literacy with gusto ... and effectiveness. According to a survey commissioned by Credit Canada (a not-for-profit, charitable credit counselling organization) and Capital One Canada, recent immigrants are actually more savvy about their credit ratings and scores than the general population.

New Canadians are also more financially optimistic.

Sixty-five per cent of those who have been in Canada five years or less and 74 per cent of those living here six to ten years feel they understand enough to make good decisions with their money.

Need some advice regarding your nest egg? Why not speak to a new Canadian?

In comparison, only 52 per cent of the general population feel confident about their financial knowledge.

Confusion within the financial services industry is endemic. However, newcomers actually find the banking system more accessible and understandable than everyone else.

This is particularly good news as access to banking information and services is the foundation of a solid financial life.

Despite these positives, recent immigrants do not trust banks to the same degree as the general population. Nott so surprising since few countries have a banking system as stable as Canada's.

The poll, by Angus Reid Public Opinion, has just been released as part of Credit Education Week Canada (CEWC), an initiative of Credit Canada, which runs until Friday.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
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Together since: 2007

Their story:

▶ Curtis and Anna

How We Met: Anna & Curtis

"I (Anna) spotted Curtis one summer day when I was working part-time at the local grocery store in our small hometown in southwestern Ontario...

I noticed him at another checkout, and after that day, I noticed him every time he came into the store — but I was too nervous to approach him!

Curtis came into the store every Saturday to play his lottery numbers, and I would go out of my way to be the one to process his ticket.

Then one day after he left the store, he came back to give me his number.

He bought a few other items to make it look like he didn't return just to give me his number (to which he later admitted to!).

A week later, we had our first date. We were immediately inseparable and moved in together within a few months.

We both definitely won the lottery in finding each other!"

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My wife insists on spending ridiculous amounts of money at specialty cheese shops. What's wrong with a brick of orange from No Frills?

Angela says...

Have you tasted the difference? It's night and day. How often is this happening? If it's daily, then maybe your wife has a spending addiction. If it's only occasionally (and you can afford it), what's the harm? It's better than spending money on makeup or shoes — which you two can't enjoy together. I guess the answer to your dilemma depends on whether your wife has any other vices. If she doesn't, I'd rank having good taste in cheese among the best problem to have since you can savour it together.

P.S. Does she buy nice bread and wine to go with it? If so, I'm on my way over.

Derek says...

Please do not fault your partner for having good taste. Quality cheese is one of the finer pleasures in life; learn to embrace it. First, try one of the varieties of white cheese offered by your local grocery store, and then work your way up to the cheese boutique. You are about to embark on a long journey, but you can get there quickly with your partner at your side. This is a joyous time. Eat it up!

4 sports

Quoted

"I hope it's not a fluke. I hope I have a better season next year."

TEXAS RANGERS CLOSER NEFTALI FELIZ, WHO WAS VOTED TOP ROOKIE IN THE AMERICAN LEAGUE. SAN FRANCISCO GIANTS CATCHER BUSTER POSEY WON THE NATIONAL LEAGUE AWARD.

Canucks fall to Sabres in OT

- Miller makes 36 saves for Buffalo
- Schneider has 35 for Vancouver

SABRES	CANUCKS
4	3

Tyler Myers scored 4:37 into overtime to lift the Buffalo Sabres to a 4-3 victory over the Vancouver Canucks last night.

Myers took defenceman Dan Hamhuis's giveaway in the slot and put a wrist shot past goalie Cory Schneider for the winner.

Tyler Ennis, Cody McCormick and Steve Montador also scored for the Sabres (7-9-3), who won for the second straight time at home after going winless in their first seven games in Buffalo.

Ryan Miller made 36 saves and kept the Sabres in it by stopping all 15 shots the Canucks recorded in the first period. Buffalo led 2-0 after 20 minutes.

Derek Roy and Thomas Vanek each added a pair of assists for the Sabres.

Daniel Sedin had a goal and two assists, Alexander Edler and Mikael Samuelsson also scored, and Schneider made 35 saves for the Northwest Division-leading Canucks (10-4-3), who have dropped two of four after winning six straight.

Henrik Sedin added three assists for Vancouver.

Edler made it 3-2 at 4:48 of the third period when he fired in a slap shot from the point during a power play.

Samuelsson then tied it with 10:39 left in regulation by sweeping the puck in from the bottom of the left circle.

With Vancouver trailing 2-0, Daniel Sedin cut the Canucks' deficit in half with a power-play goal 7:18 into the second period. His slapshot from the right circle zipped past a screened Miller.

Montador restored Buffalo's two-goal edge with a one-timer from the middle of the blue-line to make it 3-1 with 6:35 left in the second.

The Sabres opened the scoring when Ennis slipped the puck through Schneider's legs from in tight on Buffalo's first shot at 8:22 of the first. The Canucks had held a 9-0 shot advantage.

McCormick pushed Buffalo's lead to 2-0 with 2:58 left in the first. After Schneider stopped McCormick's initial redirection, the tough forward swept at the rebound with a behind-the-back backhand that banked in off a sprawled Schneider.

THE ASSOCIATED PRESS

DON HEUPEL/THE ASSOCIATED PRESS

▶ Buffalo's Tyler Myers celebrates his overtime goal.

THEY SAY:
KEY MARKET INDEXES SPIKED IN Q3.
WE SAY:
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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	18	12	4	2	0	63	38	26	8-3-0-0	4-1-2-0	9-0-1-0	W3
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	18	10	7	1	0	55	48	21	4-5-1-0	6-2-0-0	6-4-0-0	W3
Pittsburgh	19	9	8	2	0	58	52	20	3-5-1-0	6-3-1-0	4-5-1-0	L1
Boston	15	9	5	0	1	44	29	19	3-4-0-1	6-1-0-0	5-4-0-1	W1
Ottawa	18	9	8	1	0	46	53	19	5-4-0-0	4-4-1-0	7-3-0-0	L1
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Buffalo	19	7	9	3	0	51	60	17	2-6-1-0	5-3-1-0	4-4-2-0	W2
Carolina	17	8	9	0	0	52	60	16	4-3-0-0	4-6-0-0	4-6-0-0	L2
Florida	15	7	8	0	0	44	40	14	5-2-0-0	2-6-0-0	5-5-0-0	L1
Toronto	16	5	8	1	2	35	47	13	3-4-1-1	2-4-0-1	1-7-0-2	L8
New Jersey	18	5	11	1	1	33	59	12	1-6-1-0	4-6-0-0	3-6-0-1	L1
NY Islanders	17	4	10	1	2	37	58	11	2-2-0-1	2-8-1-1	0-9-0-1	L10

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	16	12	4	0	0	50	34	24	8-0-0-0	4-4-0-0	8-2-0-0	L1
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	17	10	4	1	2	54	43	23	6-0-0-1	4-4-1-1	8-1-1-0	L1
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	16	9	4	1	2	41	40	21	6-0-0-1	3-4-1-1	7-2-0-1	W1
San Jose	16	9	4	3	0	48	40	20	6-2-2-0	3-3-0-0	6-3-1-0	W3
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Colorado	17	9	7	1	0	59	53	19	4-4-0-0	5-3-1-0	5-4-1-0	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	15	7	5	3	0	38	43	17	2-1-3-0	5-4-0-0	4-5-1-0	W2
Dallas	15	8	7	0	0	46	44	16	5-3-0-0	3-4-0-0	4-6-0-0	L3
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 3 New Jersey 0
Buffalo 4 Vancouver 3 (OT)
Philadelphia 5 Ottawa 1
N.Y. Rangers 3 Pittsburgh 2 (OT)
Colorado 6 St. Louis 3
San Jose 6 Los Angeles 3
Sunday's results
N.Y. Rangers 8 Edmonton 2
Chicago 3 Anaheim 2 (OT)
Minnesota 4 Tampa Bay 1
Washington 6 Atlanta 4
Tonight's games
(All times Eastern)
Nashville at Toronto, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.
Anaheim at Dallas, 9 p.m.

FLYERS 5, SENATORS 1

First Period
1. Philadelphia, Briere 9 (Meszaros, O'Donnell) 8:43
2. Ottawa, Spezza 5 (Kovalev, Regin) 10:40
3. Philadelphia, Powe 3 (Timonen, Giroux) 12:17
Penalties — None.
Second Period
4. Philadelphia, Giroux 10 (Richards, Pronger) 18:31 (pp)
Penalties — Karlsson Ott (hooking) 6:16, Karlsson Ott (hooking) 9:55, Karlsson Ott (delay of game) 15:33, Ruutu Ott, Hartnell Pha (fighting) 17:07, Foligno Ott (goaltender interference) 18:05.
Third Period
5. Philadelphia, Richards 7, 6:13 (sh)
6. Philadelphia, Richards 8 (Coburn, Giroux) 7:43
Penalties — Briere Pha (tripping) 5:23, Neil Ott (cross-checking) 8:15.
Shots

Ottawa	9	11	9	29
Philadelphia	17	15	14	46

Goal — Ottawa: Elliott (L,9-5-0); Philadelphia: Bobrovsky (W,11-2-1). **Power plays (goals-chances)** — Ottawa: 0-1; Philadelphia: 1-5. **Att.** — 19,256 (19,537) at Philadelphia.

SABRES 4, CANUCKS 3 (OT)

First Period
1. Buffalo, Ennis 5 (Roy, Vanek) 8:22
2. Buffalo, McCormick 3 (Niedermayer, Grier) 17:02
Penalties — Niedermayer Buf (high-sticking) 3:27, Buffalo bench (too many men; served by Vanek) 13:33, D.Sedin Vcr (slashing) 13:47, Burrows Vcr (hooking) 14:47.
Second Period
3. Vancouver, D.Sedin 12 (Ehrhoff, H.Sedin) 7:18 (pp)
4. Buffalo, Montador 3 (Roy, Vanek) 13:25
Penalties — Hecht Buf (slashing) 6:17, Rome Vcr (interference) 15:02, Edler Vcr (tripping) 17:04.
Third Period
5. Vancouver, Edler 2 (H.Sedin, D.Sedin) 4:48 (pp)
6. Vancouver, Samuelsson 3 (D.Sedin, H.Sedin) 9:21
Penalties — Myers Buf (cross-checking) 4:29, Bieksa Vcr (boarding) 5:58, McCormick Buf (boarding) 18:39.
Overtime
7. Buffalo, Myers 5, 4:37
Penalties — None.
Shots

Vancouver	15	10	12	2—39
Buffalo	13	11	8	7—39

Goal — Vancouver: C.Schneider (L,3-0-1); Buffalo: Miller (W,5-5-2). **Power plays (goals-chances)** — Vancouver: 2-5; Buffalo: 0-5. **Att.** — 18,690 (18,690) at Buffalo, N.Y.

SCORING LEADERS

	G	A	PT
Stamkos, TB	15	13	28
Crosby, Pgh	12	15	27
Ovechkin, Wash	10	15	25
Semin, Wash	13	10	23
Perry, Ana	8	12	20
Backstrom, Wash	5	15	20
D.Sedin, Vcr	11	8	19
Sharp, Chi	10	9	19
Roy, Buf	8	11	19
Getzlaf, Ana	7	12	19
B.Richards, Dal	7	12	19
Selanne, Ana	7	12	19
St. Louis, TB	7	12	19
H.Sedin, Vcr	2	17	19

Not including last night's games

MLB

JACKIE ROBINSON AL ROOKIES OF THE YEAR

2010 - Neftali Feliz, Texas
2009 - Andrew Bailey, Oakland
2008 - x-Evan Longoria, Tampa Bay
2007 - Dustin Pedroia, Boston
2006 - Justin Verlander, Detroit
2005 - Huston Street, Oakland
2004 - Bobby Crosby, Oakland
2003 - Angel Berroa, Kansas City
2002 - Eric Hinske, Toronto

JACKIE ROBINSON NL ROOKIES OF THE YEAR

2010 - Buster Posey, San Francisco
2009 - Chris Coghlan, Florida
2008 - Geovany Soto, Chicago
2007 - Ryan Braun, Milwaukee
2006 - Hanley Ramirez, Florida
2005 - Ryan Howard, Philadelphia
2004 - Jason Bay, Pittsburgh
2003 - Dontrelle Willis, Florida
2002 - Jason Jennings, Colorado
x-unanimous selection

SOCCER

MLS PLAYOFFS

THIRD ROUND

Championship
MLS Cup
At Toronto
Sunday's game
(All times Eastern)
Colorado vs. FC Dallas, 8:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

LEADERS

Through Nov. 14
Points
1, Denny Hamlin, 6,462. 2, Jimmie Johnson, 6,447. 3, Kevin Harvick, 6,416. 4, Carl Edwards, 6,198. 5, Matt Kenseth, 6,151. 6, Jeff Gordon, 6,124. 7, Kyle Busch, 6,115. 8, Greg Biffle, 6,113. 9, Tony Stewart, 6,074. 10, Kurt Busch, 6,033.
11, Clint Bowyer, 6,028. 12, Jeff Burton, 5,958. 13, Mark Martin, 4,249. 14, Jamie McMurray, 4,225. 15, Ryan Newman, 4,156. 16, Joey Logano, 4,139. 17, Juan Pablo Montoya, 4,060. 18, David Reutimann, 3,975. 19, Dale Earnhardt Jr., 3,871.
20, A J Allmendinger, 3,843.
Money
1, Jimmie Johnson, $6,985,278. 2, Jamie McMurray, $6,754,735. 3, Kurt Busch, $6,619,840. 4, Kevin Harvick, $6,583,433. 5, Kyle Busch, $6,179,655. 6, Denny Hamlin, $5,768,003. 7, Jeff Gordon, $5,593,405. 8, Tony Stewart, $5,536,480. 9, Matt Kenseth, $5,499,305. 10, Carl Edwards, $5,359,534.
11, Kasey Kahne, $5,141,037. 12, Jeff Burton, $5,079,210. 13, Joey Logano, $5,052,616. 14, David Reutimann, $4,997,681. 15, Juan Pablo Montoya, $4,989,625. 16, Greg Biffle, $4,879,912. 17, Ryan Newman, $4,872,760. 18, Clint Bowyer, $4,620,204. 19, A J Allmendinger, $4,601,096. 20, Dale Earnhardt Jr., $4,496,803.

GOLF

PGA TOUR

MONEY LEADERS

Final

Rank	Name	Trn	Money
1.	Matt Kuchar	26	$4,910,477
2.	Jim Furyk	21	$4,809,622
3.	Ernie Els	20	$4,558,861
4.	Dustin Johnson	23	$4,473,122
5.	Steve Stricker	19	$4,190,235
6.	Phil Mickelson	20	$3,821,733

Not including last night's games

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	8	2	.800	—
New Jersey	4	6	.400	4
New York	3	7	.300	5
Philadelphia	2	8	.200	6
Toronto	2	8	.200	6

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	7	3	.700	—
Atlanta	7	4	.636	½
Miami	6	4	.600	1
Charlotte	4	7	.364	3½
Washington	2	6	.250	4

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	5	3	.625	—
Milwaukee	5	5	.500	1
Indiana	4	4	.500	1
Cleveland	4	5	.444	1½
Detroit	4	7	.364	2½

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	8	1	.889	—
San Antonio	8	1	.889	—
Dallas	7	2	.778	1
Memphis	4	7	.364	5
Houston	3	6	.333	5

NORTHWEST DIVISION

	W	L	Pct	GB
Utah	7	4	.636	—
Oklahoma City	6	4	.600	½
Portland	6	5	.545	1
Denver	5	5	.500	1½
Minnesota	3	9	.250	4½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	8	2	.800	—
Golden State	7	4	.636	1½
Phoenix	6	4	.600	2
Sacramento	3	6	.333	4½
L.A. Clippers	1	10	.091	7½

Last night's results
Charlotte 113 Minnesota 110
Orlando 89 Memphis 72
Dallas 98 New Orleans 95
Phoenix 100 Denver 94
Oklahoma City 115 Utah 108
Golden State 101 Detroit 97
New Jersey 110 L.A. Clippers 96
Sunday's results
Atlanta 111 Minnesota 105
Detroit 100 Sacramento 94
San Antonio 117 Oklahoma City 104
Houston 104 New York 96
Phoenix 121 L.A. Lakers 116
Tonight's games
(All times Eastern)
Philadelphia at Cleveland, 7 p.m.
Atlanta at Indiana, 7 p.m.
Toronto at Washington, 7 p.m.
Portland at Memphis, 8 p.m.
L.A. Lakers at Milwaukee, 8 p.m.
Chicago at Houston, 8:30 p.m.
New York at Denver, 9 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	9	84	71	254	28.2
Ellis, GOL	10	101	52	265	26.5
Gay, MEM	10	101	32	252	25.2
Bryant, LAL	10	84	69	252	25.2
Anthony, DEN	9	86	43	225	25.0
Wade, MIA	10	81	74	247	24.7
Martin, HOU	9	63	73	217	24.1
Westbrook, OKC	9	67	77	213	23.7
Rose, CHI	8	73	36	189	23.6
Gasol, LAL	10	94	44	232	23.2
Nowitzki, DAL	8	71	39	182	22.8
Richardson, PHX	9	79	12	201	22.3
James, MIA	10	70	75	223	22.3
Granger, IND	8	66	24	177	22.1
Scola, HOU	9	79	41	199	22.1
Gordon, LAC	8	62	46	176	22.0
Millsap, UTA	10	90	36	219	21.9
Howard, ORL	9	69	56	194	21.6
Ginobili, SAN	9	60	46	192	21.3
Williams, UTA	10	71	58	213	21.3

Not including last night's games

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Claimed RHP Taylor Buchholz off waivers from Toronto.
CLEVELAND INDIANS—Agreed to terms with RHP Anthony Reyes on a minor league contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Named Billy Ryan assistant general manager. Announced the resignation of director of player development Rico Brogna. Promoted Mike Bell from minor league coordinator to director of player development. Agreed to terms with INF Geoff Blum on a two-year contract.
MILWAUKEE BREWERS—Named Rick Kranitz pitching coach, Jerry Narron bench coach, Garth Iorg first-base/infield coach, Ed Sedar baserunning coach and third base coach, and John Shelby outfield instructor/eye in the sky and Josh Seligman strength and conditioning specialist.
PHILADELPHIA PHILLIES—Named Ryne Sandberg manager of Lehigh Valley (IL). Agreed to terms with RHP Jose Contreras on a two-year contract.
PITTSBURGH PIRATES—Named Clint Hurdle manager.

CAN-AM LEAGUE

BROCKTON ROX—Traded RHP Hunter Davis to Grand Prairie (AA) for a player to be named.
WORCESTER TORNADOES—Traded C Craig Maddox to Lake Erie (Frontier) for C Julio Rivera.

FOOTBALL

NFL

GREEN BAY PACKERS—Signed LB Robert Francois to the practice squad.

HOCKEY

NHL

NEW YORK ISLANDERS—Fired coach Scott Gordon. Named Jack Capuano interim coach.
PHOENIX COYOTES—Recalled D Nolan Yonkman from San Antonio (AHL). Assigned D Garrett Stafford to San Antonio.
TAMPA BAY LIGHTNING—Reassigned F Marc-Antoine Pouliot to Norfolk (AHL).

AHL

LEAGUE OFFICE—Suspended Albany LW Louis Robitaille for one game as a result of his actions in a Nov. 13 game at Portland.

LACROSSE

NLL

MINNESOTA SWARM—Re-signed F Callum Crawford and F Kevin Ross to three-year contracts, F Sean Thomson to a two-year contract and D Brock Boye and F Marc Jackson to one-year contracts.

SOCCER

MLS

D.C. UNITED—Terminated the contract of F Danny Allsopp.
NEW ENGLAND REVOLUTION—Signed M/F Diego Fagundez.

CFL

WEEK 21

Sunday's games
Division Finals
(All times Eastern)
EAST DIVISION
Toronto at Montreal, 1 p.m.
WEST DIVISION
Saskatchewan at Calgary, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202

WEST

	W	L	T	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
Last night's result
Philadelphia 59 Washington 28
Sunday's results
Buffalo 14 Detroit 12
Chicago 27 Minnesota 13
Dallas 33 N.Y. Giants 20
Denver 49 Kansas City 29
Indianapolis 23 Cincinnati 17
Jacksonville 31 Houston 24
Miami 29 Tennessee 17
N.Y. Jets 26 Cleveland 20 (OT)
San Francisco 23 St. Louis 20 (OT)
Seattle 36 Arizona 18
Tampa Bay 31 Carolina 16
New England 39 Pittsburgh 26

WEEK 11

Thursday's game
(All times Eastern)
Chicago at Miami, 8:20 p.m.
Sunday, Nov. 21
Detroit at Dallas, 1 p.m.
Oakland at Pittsburgh, 1 p.m.
Washington at Tennessee, 1 p.m.
Houston at N.Y. Jets, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
Arizona at Kansas City, 1 p.m.
Cleveland at Jacksonville, 1 p.m.
Baltimore at Carolina, 1 p.m.
Green Bay at Minnesota, 1 p.m.
Atlanta at St. Louis, 4:05 p.m.
Seattle at New Orleans, 4:05 p.m.
Tampa Bay at San Francisco, 4:05 p.m.
Indianapolis at New England, 4:15 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Monday, Nov. 22
Denver at San Diego, 8:30 p.m.

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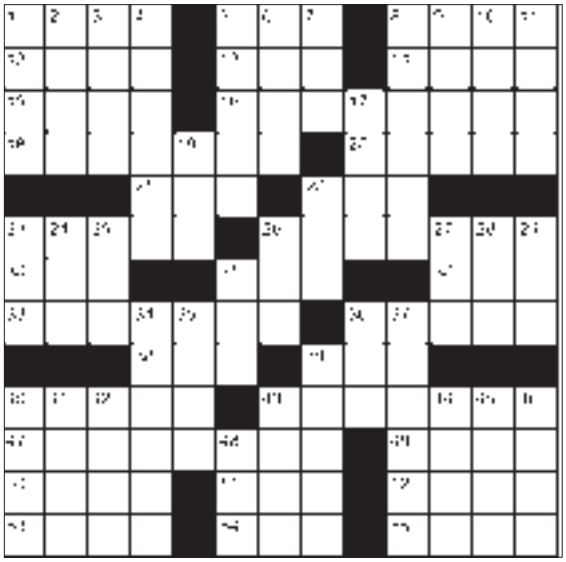
metro play

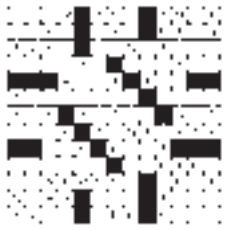
Crossword



Across
1 Fizzled out
5 Cable channel
8 Fax or text
12 Small amount
13 Zero
14 "Star Trek: TNG" counselor
15 Ugly duckling, eventually
16 Circus organ
18 Mineral in milk
20 Beginning
21 Dine on
22 Wapiti
23 Rear of a ship
26 Island music style
30 Moray, for one
31 PETA concern
32 Mess up
33 Heat measure
36 Eagle's home
38 Actress Courteney
39 Blend
40 Cruising
43 Pasadena school
47 Squid
49 Distorted
50 PC picture
51 Dickens pseudonym
52 Requisite
53 Feet, slangily
54 Shock and —
55 Genealogy chart

Down
1 Platter
2 Corn Belt state
3 And others (Lat.)
4 Dasher's yokemate
5 Entire
6 Thailand, once
7 Entirety
8 Olfactorily offensive
9 Cupid's alias
10 "Unh-unh"
11 Regimen
17 Lounge around
19 Author Fleming
22 Listener
23 Moment
24 Earl Grey, e.g.
25 Right angle
26 Pool stick
27 Apiece
28 — Lanka
29 Raw rock
31 Repair
34 Atlantic and Pacific
35 Wander
36 Have a bug
37 Still existing
39 Corn
40 Alkali neutralizer
41 Mexican entree
42 Trudge (through)
43 Boast
44 Basin accessory
45 Algonquian tribe
46 Stevenson villain
48 Lawyers' org.

▶ Yesterday's answer



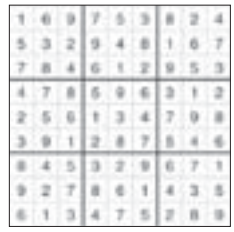
Sudoku

		1				7		
		2	3		7	1		
7				1				8
	3	8	7		4	5	6	
	1	9	5		8	2	7	
8				2				3
		5	8		1	9		
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My dearest Bmo. I love you more than life itself, having you in my life these past 3 yrs have been the happiest moments I couldve ever hoped for. I miss you and Love you. Please forgive me.
DREW

To my Countie. Happy 35th birthday. I hope you have a super wonderful day. I love you very much, and it is so great to have known you for 10 of your 35 years..
LPH

Dear Arsa, The next time I see you is when you're officially a doctor. Come home and fix my aching heart. I miss you and I love you loads
YOUR BOBO.

Cubby, no illness can get in our way! Get better soon...there is lots of hugs and kisses waiting for you. I love you.
KITTY XOXO

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must make up your mind soon about whether to make an emotional commitment, because when the Sun changes signs on the 22nd the matter will no longer be in your hands.

♉ Taurus April 21-May 21 The Sun in your opposite sign of Scorpio has brought its share of partnership problems but there's been nothing you have not been able to handle. Even the best relationships must be tested.

♊ Gemini May 22-June 21 Get your personal life sorted, because in a matter of days you will be too busy dealing with other people's problems to worry about your own.

♋ Cancer June 22-July 22 How much can you achieve in 24 hours? You may have a lot to get through today but if you make a game of it you may be surprised how fast you can move.

♌ Leo July 23-Aug.23 A week or so from now you will be in a position to come and go as you please, but today there is something you must do for a loved one who is stuck in the past. Show them the best way to move forwards.

♍ Virgo Aug. 24- Sept. 22 Wherever you go and whatever you do over the next 24 hours make sure you have a pen and paper by your side at all times. Ideas will come to you when you least expect it.

♎ Libra Sept. 23-Oct. 23 Don't be too hard on yourself if you have spent too much money in recent weeks. You may now be feeling the pinch but you had a lot of fun too, so it was cash well spent.

♏ Scorpio Oct. 24-Nov. 22 The Sun leaves your sign on the 22nd, so you have less than a week to bring an important project to a successful conclusion. You're a Scorpio – you can do it if you try.

♐ Sagittarius Nov. 23-Dec. 21 At this time of year you should be winding down, not speeding up, so don't take on anything new over the next few days. Save your energy – you will need it early next week.

♑ Capricorn Dec. 22-Jan. 20 The more you try to please someone the more distant and unfriendly they seem to get. Maybe you should take the hint and leave them alone.

♒ Aquarius Jan. 21-Feb. 18 You have done well in your work over the past few weeks and you will do even better over the next few days. If you stand out from the crowd you may even get a promotion.

♓ Pisces Feb. 19-March 20 Over the past three weeks or so you have discovered that you are capable of a lot more than you imagined. What can you do to amaze the world today? So do it.
SALLY BROMPTON

Caption contest

ALASTAIR GRANT/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

WONG MAYE-E/THE ASSOCIATED PRESS

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VCS
Grades K - 8
Vancouver Christian School
3496 Mons Dr.
Vancouver, BC
604-435-3113
vancouverchristian.org

CARVER
Grades 9 - 12
Carver Christian High School
7650 Sapperton Ave.
Burnaby, BC
604-523-1580
carverchristian.org

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Puerto Vallarta/ Riviera Nayarit

Crown Paradise Club Puerto Vallarta • 4★
All-Inclusive • Standard rm.
Nov. 27 • 1 wk.
$789
+Taxes & other fees: $276

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 15 • 1 wk.
PRIVILEGES
$1179
+Taxes & other fees: $239

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 15 • 1 wk.
PRIVILEGES
$1219
+Taxes & other fees: $239

MEXICO

Los Cabos

Royal Solaris Los Cabos Resort & Spa • 4★
All-Inclusive • Deluxe rm.
Jan. 9, 23 & 30 • 1 wk.
$889
+Taxes & other fees: $251

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach Resort • 4★
All-Inclusive • Superior rm.
Dec. 25 • 1 wk.
$1729
+Taxes & other fees: $276

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Traditional standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1439
+Taxes & other fees: $275

CUBA

Varadero

Meliá Varadero • 4★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees: $222

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Dec. 24 • 1 wk.
$1399
+Taxes & other fees: $222

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 24 • 1 wk.
PRIVILEGES
$1559
+Taxes & other fees: $275

USA

San Fransisco

Hotel Whitcomb • 3★
Double guest rm.
Jan. 15 – 31 • 3 nts.
$529
+Taxes & other fees: $114

HAWAII | Oahu

Park Shore Waikiki An Aqua Hotel • 3★
Savvy Saver – Hotel rm.
Jan. 12 • 1 wk.
$729
+Taxes & other fees: $109

CRUISE

Royal Caribbean International[2]

Serenade of the Seas®
Southern Caribbean Cruise
Flight to San Juan via Toronto
Oceanview stateroom, cat. H
Jan. 15 • 1 wk.
$1429
+Taxes & other fees: $140

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Jan. 7 - 21 • 1 wk.
$1099
+Taxes & other fees: $149

Paradisus Varadero Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Jan. 7 & 14 • 1 wk.
PRIVILEGES
$1699
+Taxes & other fees: $149

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 16 & 20, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. [1]Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to Montego Bay, Jamaica, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]To qualify for the Air Canada Extravelganza promotion, you must be an Aeroplan Member and you must register by Dec. 15, 2010. A one-time registration for all offers is required and can be completed online at www.aircanada.com/extravelganza or by calling 1 800 342-8026. Applicable for travel between September 15 and December 15 2010 on eligible flights operated by Air Canada and Jazz. This promotion is subject to change without notice and cannot be combined with any other offer or promotion. The Bonus Aeroplan Miles earned are not Air Canada Status Miles and do not count towards Air Canada Top Tier status. For complete details, terms and conditions visit www.aircanada.com/extravelganza. [2]Royal Caribbean International Ltd. ships' registry: The Bahamas. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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